



School Spotlight

St Bernadettes Primary School

During the month of it was National Diabetes awareness, which focused on increasing awareness about diabetes and its impact on individuals and communities.

St Bernadettes primary, signed up for a Diabetes Awareness assembly delivered by CYP diabetic nurses.

If your school would like more information on Diabetes or would like an awareness session, please contact: cypdiabetes@wwl.nhs.uk

County Lines

County Lines has a devastating impact on young people, vulnerable adults and local communities.

Gangs will use children and vulnerable people to move drugs and money, by criminally exploiting them. This is often through the promises of gifts, attention and a 'better' life, only to find themselves trapped in dangerous situations.

The signs of exploitation can be hard to read. Know what to look for. [see here.](#)

Eyes open, is "The campaign to stop child criminal exploitation". The campaign highlights the real cost of 'free' gifts by gangs and encourages young people and parents to spot the signs of exploitation. More info [here.](#)

December 2024
Schools



HAF

Our Holiday Activities and Food (HAF) programme provides healthy meals and enriching activities for thousands of children and young people aged 5-16 across the borough during the Easter, Summer and Christmas school holidays.

Schools will have recently received vouchers to send to parents. If you have any issues, please contact: hafreferrals@wigan.gov.uk.

FREE BIKE*



FREE JACKET*



Children's Mental Health week

3rd – 9th February 2025

The week's focus is [Know Yourself, Grow Yourself](#), with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

You can download free resources [here.](#)



Support for school staff



Request tailored support for your school staff through Kooth. An easy, valuable way to ensure your team is supported. [Book here.](#)

EBSA Emotionally Based School Avoidance for Education Professionals and Local Organisations. **16th December, 3:30pm & 17th December- 4:00pm. [Book Here.](#)**

Here for You



Are you feeling the pressure of rising costs and finding it hard to know where to turn? You aren't alone and there are lots of organisations around to point you in the right direction.

We know times are hard and it can be tough to ask for help, but it's okay to do so and better to seek support before things get more difficult to manage.

These web pages are here for you - to signpost you to services, organisations and resources that might be able to help with things like working out your eligibility to benefits, borrowing wisely, keeping warm and keeping well. Click [here.](#)

ALL EARS Mental Health Awareness



All Ears MHA C.I.C are offering free person-centered therapy to any young person, with a wigan postcode or attending a wigan borough school. This is a talking therapy, but Amy is happy to also offer creative well-being during the sessions (such as mindful colouring and learning of coping mechanisms). Child must be age 4-16.

To make a referral please email Amy on allearsmha@counsellor.com

Local Pantries

If you're worried about being able to afford your weekly food shop, one alternative to the mainstream supermarkets is to become a member of your local food pantry.

Some do have membership criteria, but others are open to anyone as they're set up to prevent food waste as well as provide affordable food to those in need. They're a great way of ensuring you can still purchase fresh healthy food.

See the list of pantries [here.](#)



StayWise

Is a free online library that brings together the educational resources of the emergency services (fire, police, ambulance, coastguard, RNLI) and key safety-focused organisations. Led by the National Fire Chiefs Council (NFCC) it was established to support teachers and community safety practitioners to deliver essential safety messages to children and young people.

The website is full of resources that can be linked to the national curriculum to advance children's understanding of public safety issues, such as fire safety and water safety.

StayWise resources can be chosen by age group, school subject and safety theme. They are aligned to national messaging, and are varied and engaging, making it easy to teach young people about safety.

Click here: [Homepage | StayWise](#)



WWL Neurodevelopment Team

Free Training for parents

Sleep workshop - tips and tricks to help your children get a better night's sleep. **January 17, 2025 · 10 - 11:30am** [Book here.](#)

Feeding Workshop - for ages 10 – 14 years old. **February 14, 2025 · 10 - 11:30am** [Book here.](#)

Understanding behaviour - understanding of why we behave the way we do. **March 7, 2025 · 10am - 12pm** [Book here.](#)

Counselling support for parent/carers - safe space for parents and carers to discuss any challenges they may be facing in supporting their children's mental health. **March 20, 2025 · 1 - 2pm** [Book here.](#)

School transition – learning about the transition from primary to secondary school. **June 11, 2025 · 11am - 12:30pm** [Book here.](#)

Oral Health – Find a local dentist.



Taking care of your children's teeth at home is important: **Brushing Twice a day. Spit, Not rinse. Skip the Sugar.**

Protecting their smile with regular visits to the dentist. Under 18's, or under 19's in full-time education, are entitled to **FREE NHS dental treatment** in England. Find a local dentist [here.](#)

ANDYSMANCLUB



We are open to any man over 18 and offer peer to peer support in a non-judgemental environment with no charge and no registration.

WIGAN (The Brick Community stadium, Boston East Stand, Stadium Way, Wigan, WN5 0UN), **Monday's 7pm – 9pm.** [More info here.](#)

Here for You.



Warm Spaces for autumn/winter 2024 - 2025. More than 60 warm, welcoming spaces made up of community hubs and council buildings are open across Wigan Borough.

You can see all the warm spaces in Wigan borough [here.](#)

More support from Here For You, including Benefits & Support, Money management, Being energy savvy, Crisis support and more, find it [here.](#)

December 2024 Parents & Carers

Fostering is a rewarding and life changing decision, and we are looking for more people to step forward and join our amazing fostering community to support local children and young people in Wigan Borough.

The 'Everything' project has given our fostering service an amazing film that shows the long-term impact fostering can have, with relationships between carers and children lasting well into adulthood.

Watch the full 'Everything' film on our YouTube channel: <https://youtu.be/M7KglpsSBdQ>

Whether you are looking to have an initial chat or want to start your fostering journey, you can find out more at www.wigan.gov.uk/fostering or call our hub team on 0300 303 0321.

Support for Adults



Qwell

See how Qwell's adult mental health platform can support you. [Video here.](#)

Access Qwell support [here.](#)

Bump, baby and you



FREE Antenatal course on pregnancy, birth and parenting. Sessions are interactive, friendly and relaxed. You are very welcome to attend the sessions alone or bring your birthing partner, friend or relative along with you.

All sessions are 6-7:30pm



MONDAYS
Online sessions via MS Teams for Antenatal Wellness and Labour and birth
<https://bit.ly/47Fkt4R>



TUESDAY
Hindley Family Hub, Mornington Rd, Hindley, Wigan WN2 4LG
<https://bit.ly/3XFHbGx>



WEDNESDAYS
Family Hub at the Meadows, Ridyrd St, Wigan WN5 9RQ
<https://bit.ly/3TIENit>



THURSDAYS
Westleigh Start Well Family Centre, The Chapel, Westleigh Lane, Leigh, WN7 5NJ
<https://bit.ly/3z6ryhZ>

There are 4 separate sessions listed below, each session is no more than 90 minutes.

Antenatal Wellness

- Myth busting – the facts
- Exercise during pregnancy
- What influences our decisions & support medicines
- Feeding choices
- Bonding & attachment
- Vitamins & healthy start vouchers

Infant Feeding

- Feeding choices
- Skin to skin
- Responsive feeding and positions
- Safe sleep & night-time tips
- Storage of milk

Labour & Birth

- Signs and stages of labour
- Birthing plans
- Visiting hospital / home birth
- Signs your baby is unwell

Bringing Baby Home

- Mental health and wellbeing
- Baby brain development & play
- Keeping your baby safe
- Services for you & your baby

Recovery Counselling for Adults



Are you in recovery from issues relating to alcohol or drugs, or are you working with someone who is?

TLC: Talk, Listen, Change has funding to offer counselling sessions to support people emotionally while they take the next step in their recovery journey.

We also work with:
• partners
• adult family members

Free support available to those based in Greater Manchester.

Book



Up to 10 sessions available

These sessions could provide:

- Help to break free from some of the psychological connections with drugs or alcohol
- Provide additional support allowing for continued growth and development
- Help with understanding why difficulties have developed and the impact on life and wellbeing
- Support with identifying triggers and taking positive steps to improve health and wellbeing
- Provide space to learn how to adopt healthy coping strategies or process feelings such as grief, loneliness or isolation

More information:
TrishJames@talklistenchange.org.uk

Refer Here



Charity Number: 512710
Company Number: 1559314



0161 872 1100
talklistenchange.org.uk